4: Landor T-5 (ca. 1890)1893 AB6 Ainu AB6

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AINU MAN WALKING WITH SNOW-SHOES.

CHAPTER XXIII.

Movements and Attitudes.

● 197 THE Ainu people may be called physically strong, but yet they are not to be compared to the Caucasian races. They are fairly good walkers, capable mountaineers, and deft marksmen, but they do not excel in any of these exercises, either by speed and endurance in the former two, or by special accuracy and long-range in the latter.

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000 In the Ainu country most of the hard work is done by the women, who thus surpass the men in both endurance and muscular strength. Ainu men are indolent, save under excite-

4: Landor T-5 (ca. 1890) 1893 AB6 Ainu AB6

Ainu men are indolent, save under excite- 147
ment. They will cover a long distance—say forty miles—in one 484
day, bear-hunting, and not suffer from great fatigue, while they will not be able to walk half that distance under less exciting conditions. The average distance which an Ainu can walk in one day on a fairly level track does not exceed twenty-five miles at the rate of two and a half miles an hour. The distance he can run would not go beyond ten English miles, and this is partly from want of training, as he never runs if he can help it. If, however, the walk of twenty-five miles, or the run of ten miles, had to be kept up for several days in succession at the same pace, few Ainu could manage to hold out for more than three days at most; while a walking average of fifteen miles and a running average of six miles each day could be kept up for a week. In walking and running women are as good as men in one day's distances; but, contrary to what they are in manual labour, they lack endurance in locomotion, and break down after the second or third day. Men regard [481]
running as unbecoming after childhood. "If we must go quick, why not go on horseback?" says the practical Ainu, who is as perfect a horseman as the Indian.

When riding, he is able to cover a distance of fifty-five miles 492
easily in one day on a good pony, and about seventy miles if [484]
he changes his quadruped four times. Both men and women ride in the same fashion, astride, and nearly always on bare-back, or with simply a bear-skin thrown over the horse. Pack-saddles are only used when carrying wood, fish, sea-weed, or other heavy articles; and though the Japanese of Yezo designate these by the name of *Ainu kurah* (Ainu saddles), they are only in reality rough imitations of their own pack-saddles. Though women do ride on occasions, it is the men 492
who are the true equestrians. From their infancy they spend 857
a great deal of their time on horseback, while women ride only when obliged. Being, therefore, accustomed from their earliest days to ride pretty nearly from morning to night, men can stand many days of hard riding, and are not so easily exhausted as by walking or running. The Ainu are good at horse-racing, as we have seen at the Piratori festival, but 526
foot-racing, even when the distance was short, gave but poor results.

Weights and burdens are carried entirely by women, and 080

4: Landor T-5 (ca. 1890)1893 AB6 Ainu AB6

Weights and burdens are carried entirely by women and they carry them either on the head, if the load be not too heavy, or on the back by means of a *Thiaske Tarra*, or simply *Tarra*, a long ribbon-like band tied round the bundle, leaving a loop which goes over the forehead, thus dividing the weight between the shoulders and the forehead. When carrying a weight with the *Tarra* the woman stoops, and the greater the weight the lower the head has to be. The strain on the forehead and muscles of the neck is greatly modified by bending the body more or less; the weight increasing on the shoulders in proportion as the pull decreases from the forehead. The advantage of this contrivance is that it leaves both hands free. Very heavy loads can be carried by average women with this simple contrivance, and its common use may account for the strong and well-developed necks noticeable among them, but not among the men. Children are carried on the back of other children by means of a modified *Tarra* that has a stick about twenty inches long, the two ends of which are fastened to the two ends of the band. The child carried sits comfortably on this stick while the centre part of the *Tarra* rests on the head of the child-carrier. This centre part is generally lined with a piece of skin or cloth, and ornamented with a few simple Ainu designs. A weight which cannot be lifted with both hands is easily borne for a long distance by the aid of the *Tarra;* and I should think that with it a strong woman could carry on her back a load, say, of from eighty to ninety pounds. It is difficult to institute comparative tests of strength, as constant practice, without counting "knack," often enables a person to perform feats which baffle a much stronger man. Taken altogether, the Ainu strength is relative to their height; but they are somewhat below the average Caucasian races both in endurance, and yet more in speed and muscular power.

THE THIASKE-TARRA, FOR CARRYING CHILDREN.

When actively employed, the Ainu can abstain from food for fourteen or sixteen hours; when quiescent for about twenty. They can go without drink (when it is not alcoholic) for ten or twelve hours without feeling inconvenience. A pebble is often sucked, or a straw is chewed when fluid is not obtainable,

4: Landor T-5 (ca. 1890)1893 AB6 Ainu AB6

make, especially at myself while I was sketching them; but one or two of their "favourites" may prove worth describing.

One Ainu at Shari, on the north-east coast, excelled in moving his scalp, and by raising his eyebrows at the same time creased the skin of his forehead to such an extent as to make his eyebrows almost meet his hair. The nostrils were expanded and the upper lip was raised so as to show the teeth firmly closed. The same man was also good at moving his ears. Others preferred to put out their tongue, emitting at the same time a harsh sound from the throat.

Although many Ainu could not voluntarily move their scalp they often did so unaware. When eating, especially if a piece of food required some effort to swallow, the neck was outstretched, the mouth closed tight, the eyebrows raised high, and the scalp brought far forward over the forehead. In masticating, the ears would sometimes move involuntarily, as with dogs or monkeys.

The Ainu are also good at rapid "winking," first with one eye, then the other, each eye playing at an inexpressibly funny kind of bo-peep. *En revanche*, they make no great use of their hands, and it is not uncommon for them to use their feet to assist their hands. Indeed, their toes are supplementary fingers, and they often hold things between the big toe and the next, as when making nets or *Inaos* (wooden wands with overhanging shavings). When making nets, the string is firmly held by the big toe bent over; when shaping *Inaos* the lower point of the wand is passed between the two toes, which keep it fast while the long shavings are cut.

When women wind the thread made of the *Ulmus campestris* fibre, they often let it run between the two larger toes while they wind it on a spool or a reed. Then, again, the toes are often used to pick up small objects out of the reach of the hands, and also to scratch the lower extremities. The two middle fingers of the hand and the three smaller toes of the foot are seldom used by the Ainu, and are somewhat inert. The little finger is slightly more active. Whenever Ainu point at anything they habitually do so with the open hand, for they have a certain difficulty in using any finger separately. This difficulty is not so great with the first finger; but where a European would use only his thumb and first finger, an

4: Landor T-5 (ca. 1890) 1893 AB6 Ainu AB6

Ainu uses all four fingers and his thumb as well, as in carrying food to his mouth, picking up small objects, lifting a cup, pulling his own hair, scratching his ears, &c. That the Ainu have more muscular power in the head than either in the hands or feet when violent exertion is required is certain, as I had frequent proof when requiring natives to make my baggage fast with ropes to my pack-saddle. Where a European would have done this by passing the ropes round the baggage and pulling them fast to the saddle, the Ainu set his foot (generally the right) against the baggage and pulled the ropes with his teeth. By this method he used one-third more force than he would had he done his work with his hands. Though the Ainu are very supple about the body, they are nevertheless stiffer than we are about the knees and hands, which last peculiarity prevents them from learning any kind of sleight-of-hand. They are supple because of the singular flexibility of their spine and the "looseness" of their arms about their shoulders. When resting or tired, the shoulders droop so far forward as to prove that the muscular tension which we constantly exert to have "square shoulders" is foreign to the hairy people. The Ainu are deficient in biceps, and such an arm as a blacksmith's or athlete's, which is not uncommon among ourselves, is in Ainuland a thing unknown. Their muscles have not the firmness of those of civilised men. Want of use entails loss of power in the muscular system, and that, unfortunately, produces further results in paralysis, *kaki*, and rheumatism. In the legs the *tendo Achillis*, which often assumes such enormous proportions with us, is only moderately developed with them, though it is generally larger than the biceps, owing to the habit of walking and riding. Notwithstanding this, the centre of muscular power, as we have seen, is undoubtedly in the head, as with inferior animals; and the Ainu are fully aware of this, for if not why should they carry all weights on the head or by the help of the head? Why should they use their teeth instead of their hands when an extra powerful pull is required? And why should they *push* with their heads when pulling with their teeth is not practicable?

Having examined the different movements of the Ainu, let us now take some account of their attitudes. What struck me

4: Landor T-5 (ca. 1890) 1893 AB6 Ainu AB6

Piratori, on those of the north-east and west coasts, and the Ishikari River, as well as on half-castes of different districts, have been taken into consideration.

Owing to the lack of a clinical thermometer and other instruments, I, unfortunately, was not able to ascertain the normal temperature of the body; nor could I get any very accurate observations as to the frequency of the pulse-beat, owing to the miserable condition of my watch and the difficult task of getting natives to sit perfectly still while their pulse was felt. A superstitious fear, too, that some evil would befall them accelerated the pulsations, and they invariably moved away rubbing the spot I had touched on their wrist. Though I could not count the exact number of pulsations to a minute, the movement of the pulse was as a rule slow and rather weak. Respirations were fourteen to seventeen to a minute in men, and about sixteen to twenty in women, and the respiratory movements were similar in both sexes, viz., costal breathing was predominant. In half-castes I have sometimes noticed abdominal breathing.

The Ainu not only bear cold well, but prefer it to heat, though, indeed, their country is never very hot. The sun's rays have no fascination for them, as with so many other races; and I have seldom seen Ainu basking in the sun for purely physical pleasure, although they go about with uncovered heads, and do not seem to suffer any ill effects from the practice. The Ainu of Piratori wear Japanese hats of wicker-work; and others, especially women, tie round their head a Japanese towel—a fashion, as we have seen, also adopted from the Japanese. With this head-dress the crown of the head is left uncovered.

The Ainu are not massively formed, but they are sturdy, and, as we have seen, can bear almost any amount of privation as regards food and drink. Sleep is necessary to them, and they require a great deal to be in anything like good condition. The sleeping hours are generally from an hour or so after sunset to sunrise; but during the day they are often drowsy, and turn in to have a siesta after food and exercise. In men the voice is soft and deep; shriller but still gentle in women. The Ainu seldom perspire, partly because the pores of their skin are blocked with dirt; partly because their long

4: Landor T-5 (ca. 1890)1893 AB6 Ainu AB6

hair absorbs a great quantity of natural moisture; and mostly because they do not drink much except when they can get hold of intoxicants.

The skin is greasy—the natural result of many years of an unwashed existence; and this gives to the hairy people a peculiar and strong odour, much resembling that of monkeys. Many are familiar with the peculiar odour of an uncleaned monkey's cage, and the same, intensified a thousand times, characterises an Ainu village. Hundreds of yards off you can distinctly smell out a village, or if the wind is blowing towards you, that peculiar odour is perceptible for a full half-mile. Although the sense of smell is acute in the Ainu—for they sometimes employ it in tracking animals—they are not aware of their own strong odour; but they are quick in distinguishing that of other races. I have several times heard Ainu of the coast remark that I possessed a different odour from that of the Japanese; but they could neither define it nor assimilate it to that of any animal they knew, though several of them one day held a lengthy pow-wow about it; and in the interest of anthropology I submitted to the unpleasant process of being smelt all over by them. The Chinese unanimously assert that Europeans smell like sheep, and they say this is the reason we constantly wash and bathe, being aware of our infirmity, and doing our best to diminish it by soap and water. We ourselves attribute to Jews one distinct odour, and yet another to the Russians; not to speak of those belonging to the negroes, the Chinese, and, in fact, all other nations. Thus, the odour has some importance in the classification of peoples, as it largely depends on the kind of food as well as the personal habits of a race. Meat-eaters smell differently from fish-eaters, and these again from vegetarians. As regards the Ainu, their filthy habits of course increase their offensiveness, while bodily exercise renders them intolerable. The Japanese recognise the Ainu odour as a distinguishing mark of the race, and Japanese fishermen have often said to me, "*Aino shto taihen kusai*"; "*Saru*," or else "*Kumma onaji koto*"—"Ainu men smell bad, just like a monkey or a bear."

As an Ainu grows older this peculiarity increases. The weaker sex is generally more "strongly scented" than are the men, owing to the fact that women wear skins and rough cloth

4: Landor T-5 (ca. 1890) 1893 AB6 Ainu AB6

rags nearly all the year round, while in summer the men go about either entirely naked, or very lightly clad.

On the north-east coast of Yezo and in Shikotan (Kurile Islands) I saw some Ainu who, contrary to the rule, had red hair, and their animal odour was terribly offensive. The Ainu do not use any unguents like palm-oil, cocoanut-oil, or the like, by which the unpleasantness of certain African tribes and Eastern peoples is to be accounted for. What they have is natural and national, and due to their food, habits, and race alone.

The Ainu have no partiality or dislike for any particular scents, and their sense of smell shows itself mainly in their power of tracking game or animals, as was said before. The same might be said of the sense of "touch," which they seldom apply practically, notwithstanding their sensitiveness in certain parts of the body, especially under the arm-pits and on each side of the spinal column and the back of the head—just those parts which in most animals are the most sensitive; but they have no developed sense of touch in their finger-tips, as with civilised nations.

Most Ainu find it difficult to declare which is the heavier of two not very unequal weights. Differences in the temperature of two bodies, and in the smoothness or texture of two surfaces, are also extremely difficult for them to define, while it is easy for them to judge of weights and texture by eye-sight. The palms of the hands, which are so sensitive with us, owing to the papillæ being more thickly studded there than in other parts of the body, are less intelligently sensitive with the Ainu. When they touch cold or hot objects they feel pain, but not difference of temperature, as when with us a wound is touched it makes little difference whether it is by something hot or cold, it is simply pain, and not discrimination. Their lips, as well as the tip of the tongue, are slightly more sensitive; the lower lip more so than the upper. I was never able to determine the relative sensibility of the sensitive parts of the Ainu body, as my experiments either caused anger and impatience, or hilarity and mockery. If the first, the observations had to be stopped before they were well begun; if the second, beyond the general results which I have quoted, the answers were mere guesswork on their part, and therefore